

Order of Worship

10:50 a.m. – 12:10 p.m.

(Please turn off all cell phones & pagers for the worship service)

Prelude "Carillon" *Herbert Murrill*

Call to Worship

O God of the morning and of the evening hours,
let your Spirit come on us here gathered.

This is the holy place where we, your people, call on you in faith,
joining heart and voice in thanksgiving and praise to your name.

"Come, let us worship the Lord."

Hymn of Praise "The Spacious Firmament" No. 96

Greetings & Prayers of the Congregation Leif Lind

(please remain standing for prayer)

Prayer Response Turn your eyes upon Jesus, (No. 290)

Look full in His wonderful face;
And the things of earth will grow strangely dim
In the light of His glory and grace.

Anthem "Without the Love of Jesus" *Sibyl York*

Call to Offering Marquita Kibble

Offertory "Pie Jesu" *Gustav Fauré*
Clarissa Shan, *soprano*

Ordination of Elders

Children's Sermon "Showdown" from "Elijah!"
"Send Your Fire Down" by *Mark Patterson*
Sunshine Singers

Responsive Scripture **Psalm 8** Daisy Bolduc

Anthem "Come Dwell in Solomon's Walls" *Z. Randall Stroope*

Sermon "The Blossoming of a Creative Life" Smuts van Rooyen

Closing Hymn "My Maker and My King" No. 15

Benediction Smuts van Rooyen

Musical Response

Postlude "Crown Imperial—A Coronation March" *William Walton*

Sabbath School Options

Class	Age	Location	Symbols/Leaders
Beginners	0-3 yrs	Room 3	Elephant
Kindergarten	3-5 yrs	Room 4	Giraffe
Primary	6-9	Room 2	Eagle
Junior	10-12 yrs	Room 1	Lion
Teen	13-19 yrs	Room 10b	Fish
Armenian	General	Room 11	
Romanian	General	Room 13	
Pastor	General	Fellowship Hall	Leif Lind
SS Quarterly	General	Chapel	Don Greathouse

Worship Options

Option	Location	Sequence
Sanctuary Service	Main Sanctuary	Every Sabbath
Romanian Service	Chapel	1st and 3rd Sabbaths
Armenian Service	Chapel	2nd and 4th Sabbaths

Activities

Event	Location	Sequence
Choir Rehearsal	Choir Room	Sabbath at 9:15 am
Pathfinders	GAMC Gymnasium	Tuesday at 6:45 pm
Children's Choir	Room 10b	Sabbath at Noon
Marathon Clinic	Verdugo Park	Sunday at 7:00 a.m.

Church Directory

Pastoral Staff

Smuts van Rooyen, Senior Pastor (626-256-4240)
Cherise Gardner, Family & Children's Ministries (626-484-8436)
Leif Lind, Church Administrator (909-557-5230)

Hovik Sarrafian, Armenian Senior Pastor (909-796-9536)
Vartkes Azadian, Armenian Associate Pastor (626-335-6507)
Manea Moldoveanu, Romanian Church representative (562-463-0531)

Officers

Head Elder	Don Greathouse (626-796-8579)
Head Deacon	John Nielsen (818-605-0057)
Head Deaconess	Eleanor Posner (818-281-5822)
Church Board Chair	Vincent Haynes (213-276-2131)
Sanctuary Choir Director	Jean-Sébastien Vallée (831-420-7584)
Children's Choir Director	Lissie Quishenberry (lissie@crazyladymusic.com)
Organist	Kemp Smeal (714-658-4885)
Secretary	Victoria Lucero (818-244-7241 office)
Treasurer	Dean Vendouris (818-244-7241 office)
Church Clerk	Mindi Rüb (mindilus@mac.com)
A+ School Board Chair (interim)	Glen Christensen (plbboss@aol.com)
A+ School Director	Malisa Smith (818-241-9353 school)
Pathfinder Director	Warren Dale (818-384-2820)
Facilities Administrator	Wayne Libby (760-409-6719)

Church Office Hours

Monday-Thursday 9:00 a.m.-4:00 p.m.; Friday 9:00 a.m.-2:00 p.m.

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Glendale City Seventh-day Adventist Church



October 22, 2011

"Revealing Christ, affirming all."

Responsive Reading

Psalm 8, NIV (2011 version)

LORD, our Lord,
how majestic is your name in all the earth!

You have set your glory in the heavens.
Through the praise of children and infants
you have established a stronghold against your enemies,
to silence the foe and the avenger.

**When I consider your heavens,
the work of your fingers, the moon and the stars,
which you have set in place,
what is mankind that you are mindful of them,
human beings that you care for them?**

You have made them a little lower than the angels
and crowned them with glory and honor.
**You made them rulers over the works of your hands;
you put everything under their feet:**
all flocks and herds, and the animals of the wild,
the birds in the sky, and the fish in the sea,
all that swim the paths of the seas.

LORD, our Lord,
how majestic is your name in all the earth!



Special Fellowship Potluck

October 29 @ 12:30 p.m.
*This is the A+ 30th Anniversary, all encouraged to attend.
Bring salad, entrees, and fruit.*

Closing Hymn #15: "My Maker and My King"

1. My Maker and my King,
To Thee my all I owe;
Thy sovereign bounty is the spring
Whence all my blessings flow.

2. The creature of Thy hand,
On Thee alone I live;
My God, Thy benefits demand
More praise than I can give.

3. Lord, what can I impart
When all is Thine before?
Thy love demands a thankful heart;
The gift, alas! how poor.

4. O! let Thy grace inspire
My soul with strength divine;
Let every word and each desire
And all my days be Thine.

2nd Anthem: "Come Dwell in Solomon's Walls"

When the final timber lay 'gainst the measured stones, with the doorposts in their place overlaid with gold. The Lord appeared to Solomon, blessing all the house, the temple of the ark of God, pure and whole.

Come dwell in Solomon's walls, come and dwell in the house of the Lord where the humble bow down, seeking wisdom and strength, for the Lord dwells within and heals their land. Come dwell in Solomon's walls, come and dwell in the house of the Lord, where wisdom and righteousness, justice and holiness, join at the feet of God.

When the people of this house kneel and humbly pray, when they turn from dark to light and your will obey, O Lord of Heaven and Lord of earth, show favor on this house, and heal, restore, forgive and bless, Lord, we pray.

Come dwell in Solomon's walls, come and dwell in the house of the Lord, where wisdom and righteousness, justice and holiness, join at the feet of God! Come dwell!
—1 Kings 8

Upcoming Sermons & Events

Elder of the Day	Don Greathouse
October 29	30th Anniversary of A+ Children's Center
November 5	Smuts van Rooyen
November 12	Todd Leonard, young adult pastor, Vallejo Drive

Sunset tonight – 6:11 p.m. Sunset next Friday – 6:05 p.m.

City Church Announcements

*"All are welcome — whoever you are, whatever your journey or background.
God excludes no one, and neither do we."*

Today's Flowers are given by Lucille Davis and Kathy Kudsi to honor what would have been Charles Davis' 90th birthday.

Memorial Services for church member Jean McVeigh will be held Sunday, October 30, 2 p.m. in the Chapel. There will also be services for long time City Church friend **Robert Burman** on Sabbath, November 5, 4 p.m. at Vallejo Drive Church.

Our prayers and warmest wishes go to **Didi Mumford and her family** on the occasion of her ordination as an elder today!

Church Officers. If you were unable to attend the Leadership Workshop last Sabbath, please pick up a packet of materials with your name on it at the table in the Narthex either before or after the worship service.

Young Adults Fellowship. We meet *today* in the multipurpose room from 10–10:45 a.m. Don't know where the multipurpose room is? Look for the signs in the courtyard or downstairs, or ask a church member to guide you!

Potluck today after worship service, followed by the **LA Adventist Forum, 3 p.m.** in the Chapel with **Dr. Sigve K. Tonstad** speaking on **"The Lost Meaning of the Seventh Day."** Dr. Tonstad, a native of Norway, holds doctorates in both theology and medicine and serves as a professor of Religion and professor of Medicine at Loma Linda University. His wife Serena, a native of Baghdad, Iraq, is also a physician and professor at Loma Linda. They have two daughters: Linn, who, after graduating from Yale, teaches theology at Southern Methodist University; and Kristel, who has been working through UNICEF in helping orphans and children in Iraq and Haiti. All are welcome!

Flu Shots today from noon to 2:30 p.m. Nurses from Pegasus Home Health Care will be at church to help you duck the flu! There is no charge for Medicare B cardholders, just present your Medicare B card. Whether you have PPO health insurance or not, the cost is \$25.

A+ Adventist Children's Center is in need of donations (cash or new items) for their upcoming **Spaghetti Fundraiser** dinner auction. Proceeds will benefit much needed repairs and a new carpet in the Fellowship Hall. We invite you to attend this great event! **Thursday, October 27, 5-8 p.m.** Adults: \$10; Children 2-8: \$5. RSVP by October 24: 818-241-9353. Thanks for making a difference at A+!

The new **"Lit Knitters"** group is planning to meet **Sunday, October 30th at 11:00 a.m. in the Youth Room** to chat about books (initially: *Let the Great World Spin*, Colum McCann) as we knit, crochet, needlepoint, etc. Please contact Didi at dmumford1@aol.com with any questions.

"God in the 66" Bible study meets as usual Tuesday, 6-8 p.m. in the Council Room (707-337-8002 or sierrablake@gmail.com for info).

An RN and friend of City Church is looking for a **room to rent 3-5 days** a week in or near Glendale. Willing to pay \$200-300 a month. Please contact the Church Office for more information.

Room Needed. A young woman needs a room Mon.–Wed. in the Glendale area, willing to pay \$300 a month. Info: 818-546-8451 (Mon.–Thurs.).

Join Pathfinders! For all between 10-16 who enjoy camping, learning new things, and spending great times with friends! The Pathfinder Club provides a Christ-centered environment for youngsters to grow and learn. Tuesday evenings 6:45-8:45 p.m. at Adventist Hospital Community Center. Call Warren Dale–818-384-2820 for info.

We cannot always fit all announcements in the bulletin. Please sign up for our e-Newsletter to keep up with the latest events! www.glendalecitysda.org

Glendale City Health Education

October: *Fat-Soluble Vitamin A, Vitamin D, Vitamin "E", and Vitamin K*

Big headline on every major television and news outlet last week: *Study Shows Vitamin E Increases Prostate Cancer Risk!* Vitamin E has garnered plenty of publicity over the years. At times the media has inspired hope in millions of people that "E" was the answer to many health problems, like coronary heart disease, dementia, Alzheimer's, macular degeneration, and cancer. Other times, like last week, the publicity not only dashed the hopes of so many, but created fear in supplement users everywhere. What can we count on when it comes to this important nutrient?

Early studies on male and female rats showed vitamin E (following vitamin D) was essential for reproduction. Later, the chemical structure was named *tocopherol* (toe-koff-er-ol), from the Greek *tocos* meaning childbirth or offspring, *phero* - to bring forth, and *ol* for being a type of alcohol. In reality, vitamin E is a family of 8 compounds, each with different levels of biological activity: alpha-, beta-, gamma-, and delta tocopherols and tocotrienols (toe-ko-try-en-ols). Alpha-tocopherol is the most biologically active in humans and has been studied the most, but research is emerging for the other forms of vitamin E, especially the gamma form. Dietary supplements often supply only alpha-tocopherol (designated as "d" for natural, and "dl" for synthetic - from petroleum), although some contain a mixture, as indicated on the product label.

In 1968 the National Academy of Sciences officially recognized vitamin E as an essential nutrient. Current RDA for vitamin E depends upon age: up to age 13, the range is 4-11 mg (6-16.4 IUs); 14 years and older the RDA is 15 mg (22.4 IUs). Plants provide the majority of dietary vitamin E: wheat germ oil (1 tablespoon = 20.3 mg), seeds (sunflower tops the list at 7.4 mg/oz), nuts (almonds are king at 6.8 mg/oz), and vegetable oils (sunflower and safflower provide an average of 5 mg per tablespoon). Processing, storage, and cooking effects vitamin E, as exposure to high temperatures, light, air (oxygen), and metals destroys it. For example, vitamin E located in the germ of grains is lost when the germ is removed during refining (e.g., white flour).

Like vitamins A and D, "E" requires fat in order to be absorbed from the small intestine into the lymph system and blood. As much as 70% of vitamin E can be absorbed, but in doses well above the Recommended Dietary Allowance (RDA), absorption drops to less than 10%. Nevertheless, 95% of all Americans have adequate blood levels. In the blood, vitamin E travels to the liver and cells throughout the body, where it inserts itself into fatty layers from the cell walls (membranes). This lipid membrane protects the cell and its contents, like DNA. But, it is vulnerable to damage through oxidation caused by free radicals - highly reactive molecules formed during normal metabolism or exposure to pollutants. Perfectly situated, vitamin E acts as an antioxidant and neutralizes free radicals, thereby thwarting a chain of damage and destruction. This antioxidant activity also protects the fats carried by LDL ("bad" cholesterol) from oxidizing and damaging the lining of blood vessels that is associated with coronary heart disease. In this process vitamin E loses its antioxidant power until vitamin C comes along and rejuvenates it!

Additionally, vitamin E affects the cells and processes involved in inflammation and immunity. It enhances vasodilation and prevents clumping of platelets. Because of these and its antioxidant functions, vitamin E supplements have been studied for their effect on preventing or slowing coronary heart disease. Laboratory and observational studies looked promising, but large, randomized clinical trials have had mixed results: Heart Outcomes Prevention Evaluate trial (HOPE and HOPE-TOO) of nearly 10,000 patients at risk for heart attack or stroke took 400 IUs of *natural* "E" for 4.5 years and showed no significant protection.

References

The Women's Health Study showed a significant reduction in cardiovascular events after taking 600 IUs of *natural* vitamin E on alternate days for 10 years. Results from the Physicians Health Study II involving about 15,000 physicians taking 400 IUs of synthetic vitamin E (and/or vitamin C) for 8 years had no effect on cardiovascular events, but was associated with a significantly increased risk of hemorrhagic stroke. A meta-analysis of 19 clinical trials involving 135,967 subjects found that "E" supplements equal to or greater than 400 IUs/day may increase all-cause mortality.

The HOPE-TOO and Women's Health Study also evaluated the effect of vitamin E on cancer and found it did not reduce the risk of developing any form of cancer. An epidemiological study by the American Cancer Society found that adults who took vitamin E supplements for 10 years had a reduced risk from bladder cancer. Which brings us to the latest large clinical trial on vitamin E and prostate cancer: the SELECT trial. Begun in 2001, its purpose was to determine whether the daily intake of 400 IUs of *synthetic* vitamin E over 7-12 years, with or without selenium, would decrease the number of new prostate cancers in 35,533 healthy men age 50 and older. SELECT was discontinued in 2008 when an analysis revealed that neither these supplements alone nor in combination prevented prostate cancer. Investigators continued to follow men for another 1.5 years, even though they had stopped taking the "E" and/or selenium. The results: those who had taken vitamin E had a 17% (statistically significant) increased risk of prostate cancer compared to men taking only placebos. Follow-up will continue for another 5 years, so stay tuned.

Where does this leave us? Vitamin E is essential to our good health. Nature provides an abundant supply for us in plants, as long as they are "handled with care". Deficiencies are rare except in malabsorption disorders. Most research has focused on alpha-tocopherols, a potent anti-oxidant, but investigations of other "E" family members are underway. Generally, vitamin E supplements don't appear to be needed, and may be harmful. Those comprised of only alpha-tocopherols may upset the balance between all forms of vitamin E that occur naturally, and for me, synthetic vitamin E seems suspect. Vitamin E may increase the risk of bleeding and should be used cautiously, if at all with blood thinners, aspirin, or Plavix; and may interfere with the absorption/action of antidepressants, beta-blockers, and Statins; while Orlistat may decrease absorption of vitamin E. Always check with your physician before taking supplements. For more information and references contact Kathy McFarland or the church's website.

Glendale City Health Education Sponsored Events

Today, October 22 from Noon to 2:30 p.m.: Flu vaccines. Free with your Medicare card. Follow signs to the location.

Mark Your Calendars! **Friday, November 18, 7 p.m.** in the Fellowship Hall and then Chapel: **SimplySouperSupper™ followed by the movie (8 p.m.), "Forks Over Knives", and a short discussion.** If you haven't seen this highly praised film, you will not want to miss it! It examines the profound claim that most, if not all of the degenerative diseases can be prevented or reversed by avoiding animal-based and processed foods. If you've seen the film but someone you care about missed the opportunity, now is the chance to invite him/her. You may attend the film without attending supper. Please note: space is limited for supper and an **RSVP is required by November 4**, as well as for planning food quantity. Donations accepted. For more information or to RSVP, contact Kathy McFarland per below.

10/22/11 Produced by: Dr. Kathy McFarland, Glendale City Health Education, a ministry of *The Mitch Henson Love Adds to Love Committee*. Contact: (626) 398-1445, actionsforwellness@sbcglobal.net

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